

Diabetes and the Colonoscopy Prep Diet

Hurley Diabetes Center

Summary

The Hurley Diabetes Center (HDC) is a recognized and certified diabetes education (CDE) program. Its trained diabetes education staff offers a 10 hour program on how to manage diabetes.

The Diabetes Education Program has incorporated information on the risk for colon cancer and teaches clients how to manage the colonoscopy prep diet. The HDC also communicates to referring providers about patients stated cancer screening status upon completion of the program.

Evidence Based Interventions

HDC focused on the following EBIs:

Provider Reminders:

- Patients are asked about colorectal cancer (CRC) screening status during their assessment appointment and it is entered into an electronic health record (EHR) under health maintenance.
- At program completion, HDC staff communicates with the referring provider about the patient's stated screening status and risk of colon cancer for people with diabetes.

Reducing Structural Barriers

- HDC begins by assessing patients' knowledge of how to incorporate the prep diet into their diabetes care with a pre-test. During the third week of the class series, participants learn how to manage the prep diet through discussion about the similarities of being sick and unable to eat solid food. There is a post-test at week five which asks the same question that was used in the pre-test to see if the participant has increased knowledge regarding colonoscopy prep diets.

Challenges

Challenges are relatively minor. The referring doctor is often an endocrinologist, not the primary care physician. HDC is also the major diabetes education program, but there are 2 other hospitals in the area. Therefore, the program does not have access to complete records for many patients, just a referral form and required labs. For those in our health system, HDC has access to hospital records and is tracking screening completion rates.

Solutions

It is required that the client's education completion letter be sent to the referring provider, but now it is also sent to the primary care provider. With the EHR, it is a very simple process to add other names to the letter.

Successes

There has been an improvement in screening rates each year. One patient, who had not been screened, got screened and was found to have a stage 1 colon cancer that was resected.

Sustaining the Success

Physician offices are now part of the same EHR and can update the health maintenance tab.

Results

EHR baseline screening rate was 10 percent and the EHR year two screening rate increased to 33 percent.